

Additional Food for Activity

The blood sugar should be checked according to the student's Individualized Health Plan and proper measures should be taken to keep the level in the appropriate range. The following chart illustrates actions that **might** be recommended by the students' health care provider to maintain a safe blood sugar during physical activity

| Type of Activity | If Blood Sugar prior to activity is: | Then eat the following before activity: |
|--|--------------------------------------|--|
| Light Intensity or Short Duration (Examples: walking, leisurely biking - activity lasting less than 30 minutes) | <100 | 15 gm of carbohydrate |
| | >100 | No extra food needed |
| Moderate Intensity and Duration (Examples: tennis, jogging, golfing, - activity lasting 30 minutes to an hour) | <100 | 25-50 gm of carbohydrate before exercise |
| | 100-180 | 15 gm of carbohydrate |
| | 180-240* | No extra food needed |
| Strenuous Activity (Examples: hockey, basketball, swimming, soccer, roller blading – activity lasting 60 minutes or more) | <100 | 50 gm of carbohydrate |
| | 100-180 | 25-50 gm of carbohydrate |
| | 180-240* | 15 gm of carbohydrate |

*If blood sugar is >240, check for the presence of ketones in the urine. For more details on ketones, see page 92.

| Snack Suggestions | | |
|--|--|---|
| 15 grams Carbohydrate: 1-4 oz juice box 1 cup Gatorade 1 apple or orange 1 small box raisins 6 saltine crackers 1 cup light yogurt ¾ cup dry unsweetened cereal 1 slice bread | 30 grams Carbohydrate: 1 cereal bar 1-8 oz juice box 2 slices bread 1 small bagel | 45-50 grams carbohydrate: 1 cup Gatorade plus 1 cereal bar 1 medium banana plus one small bagel |

Adapted from: Department of Health and Senior Services, *Missouri Diet Manual*, 9th Edition, 2003. "Diabetes in Children A Resource Guide for School Personnel", 2002, Illinois Department of Human Services.

<http://www.iasn.org/diabetes.pdf>